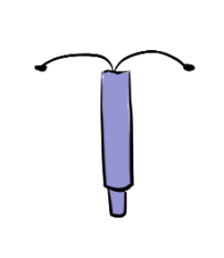
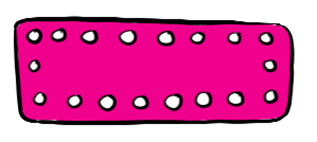
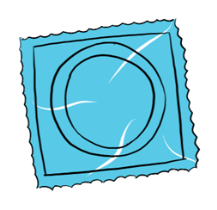
# Contraceptives

**There are several contraception options available to help prevent pregnancy – and some even protect against sexually transmitted infections (STIs). This is not a definitive list but outlines some common methods in low-resource settings.**

**Note:** There are other methods, known as ‘natural methods’ that include withdrawal, calendar/rhythm or fertility awareness that require specific behaviours and an understanding of one’ body. These methods are not included in this resource because of their very limited effectiveness. It would be misleading and ineffective to encourage young people to rely on such methods to avoid unwanted pregnancies.

**Contextualisation:** Only select the contraceptives that are available in the local context. Adapt the information as necessary.

**Source:** International Planned Parenthood Federation <https://www.ippf.org/options>



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